MG23F301T**
MG23F302T**

Microwave Oven

Owner's Instructions & Cooking Guide

imagine the possibilities

Thank you for purchasing this Samsung product.

Please be advised that the Samsung warranty does NOT cover service calls to explain product operation, correct improper installation, or perform normal cleaning or maintenance.

Planet First **100 % Recycled Paper**

This manual is made with 100 % recycled paper.

SAMSUNG

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safety information

USING THIS INSTRUCTION BOOKLET

You have just purchased a SAMSUNG microwave oven. Your Owner's Instructions contain valuable information on cooking with your microwave oven:

- Safety precautions
- Suitable accessories and cookware
- Useful cooking tips
- Cooking tips

LEGEND FOR SYMBOLS AND ICONS

⚠ WARNING	Hazards or unsafe practices that may result in **severe personal injury or death**.
⚠ CAUTION	Hazards or unsafe practices that may result in **minor personal injury or property damage**.

	Warning; Fire hazard		Warning; Hot surface
	Warning; Electricity		Warning; Explosive material
	Do NOT attempt.		Do NOT touch.
	Do NOT disassemble.		Follow directions explicitly.
	Unplug the power plug from the wall socket.		Make sure the machine is grounded to prevent electric shock.
	Call the service center for help.		Note
	Important		

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IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

Make sure that these safety precautions are obeyed at all times.

Before using the oven, confirm that the following instructions are followed.

⚠ WARNING (Microwave function only)

- **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- **WARNING:** It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
- This appliance is intended to be used in household only.
- **WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
- **WARNING:** This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.
- Only use utensils that are suitable for use in microwave ovens.
- When heating food in plasitic or paper containers, keep an eye on the oven due to the possibility of ignitions.

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- The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
- If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
- **WARNING:** Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
- **WARNING:** The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
- Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
- The oven should be cleaned regularly and any food deposites removed.
- Failure to maintain the oven in a clean conditioin could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- The appliance is not intended for installing in road vehicles, caravans and similar vehicles etc.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode;

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- The appliance should not be cleaned with a water jet.
- This oven should be positioned proper direction and height permitting easy access to cavity and control area.
- Before using the your oven first time, oven should be operated with the water during 10 minute and then used.
- If the oven generates a strange noise, a burning smell, or smoke is emitted, unplug the power plug immediately and contact your nearest service center.
- The microwave oven has to be positioned so that plug is accessible.
- The microwave oven is intended to be used on the counter or counter top use only, the microwave oven shall not be placed in a cabinet.

⚠ WARNING
(Oven function only) - Optional

- **WARNING:** When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
- During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
- **WARNING:** Accessible parts may become hot during use. Young children should be kept away.
- A steam cleaner is not to be used.
- **WARNING:** Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.
- **WARNING:** The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements.
  Children less than 8 years of age shall be kept away unless continuously supervised.
- The temperature of accessible surfaces may be high when the appliance is operating.
- The door or the outer surface may get hot when the appliance is operating.
- Keep the appliance and its cord out of reach of children less than 8 years.

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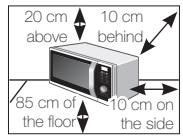
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
- Appliances are not intended to be operated by means of an external timer or separate remote-control system.

INSTALLING YOUR MICROWAVE OVEN

Place the oven on a flat level surface 85 cm above the floor. The surface should be strong enough to safety bear the weight of the oven.



1. When you install your oven, make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind and, on the sides of the oven and 20 cm (8 inches) of space above.
2. Remove all packing materials inside the oven.
3. Install the roller ring and turntable. Check that the turntable rotates freely. (Turntable type model only)
4. This microwave oven has to be positioned so that plug is accessible.

- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
  For your personal safety, plug the cable into a proper AC earthed socket.

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- Do not install the microwave oven in hot or damp surroundings like next to a traditional oven or radiator. The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven. Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.

CLEANING YOUR MICROWAVE OVEN

The following parts of your microwave oven should be cleaned regularly to prevent grease and food particles from building up:

- Inside and outside surfaces
- Door and door seals
- Turntable and Roller rings (Turntable type model only)

- **ALWAYS** ensure that the door seals are clean and the door closes properly.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

1. Clean the outside surfaces with a soft cloth and warm, soapy water. Rinse and dry.
2. Remove any splashes or stains on the inside surfaces of oven with a soapy cloth. Rinse and dry.
3. To loosen hardened food particles and remove smells, place a cup of diluted lemon juice in the oven and heat for ten minutes at maximum power.
4. Wash the dishwasher-safe plate whenever necessary.

- **DO NOT** spill water in the vents. **NEVER** use any abrasive products or chemical solvents. Take particular care when cleaning the door seals to ensure that no particles:
  - Accumulate
  - Prevent the door from closing correctly
- **Clean** the microwave oven cavity right after each use with a mild detergent solution, but let the microwave oven cool down before cleaning in order to avoid injury.

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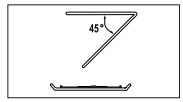
When cleaning the upper part inside the cavity, it will be convenient to turn heater downward by 45 ° and clean it. (Swing heater model only)



STORING AND REPAIRING YOUR MICROWAVE OVEN

A few simple precautions should be taken when storing or having your microwave oven serviced.
The oven must not be used if the door or door seals are damaged:

- Broken hinge
- Deteriorated seals
- Distorted or bent oven casing

Only a qualified microwave service technician should perform repair.

- **NEVER** remove the outer casing from the oven. If the oven is faulty and needs servicing or you are in doubt about its condition:
  - Unplug it from the wall socket
  - Contact the nearest after-sales service centre

- If you wish to store your oven away temporarily, choose a dry, dustfree place. **Reason :** Dust and damp may adversely affect the working parts in the oven.
- This microwave oven is not intended for commercial use.
- The Light bulb should not be replaced in person for safety reasons. Please contact nearest authorised Samsung customer care, to arrange for a qualified engineer to replace the bulb.

⚠ WARNING				
Only qualified staff should be allowed to modify or repair the appliance.	✓	✓	✓	✓
Do not heat liquids and other food in sealed containers for microwave function.	✓	✓	✓	✓
For your safety, do not use high-pressure water cleaners or steam jet cleaners.	✓	✓	✓	✓
Do not install this appliance; near heater, inflammable material; in a humid, oily or dusty location, in a location exposed to direct sunlight and water or where gas may leak; on un level ground.	✓	✓	✓	✓
This appliance must be properly grounded in accordance with local and national codes.	✓	✓	✓	✓
Remove all foreign substances such as dust or water from the power plug terminals and contact points using a dry cloth on a regular basis.	✓	✓	✓	✓

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Do not pull or excessively bend or place heavy objecton the power cord.	✓	✓	✓	✓
In the event of a gas leak (such as propane gas, LP gas, etc.), ventilate immediately without touching the power plug.	✓	✓	✓	✓
Do not touch the power plug with wet hands.	✓	✓	✓	✓
Do not turn the appliance off by unplugging the power plug while an operation is in progress.	✓	✓	✓	✓
Do not insert fingers or foreign substances, If any foreign substance such as water has entered the appliance, unplug the power plug and contact your nearest service centre.	✓	✓	✓	✓
Do not apply excessive pressure or impact to the appliance.	✓	✓	✓	✓
Do not place the oven over a fragile object such as a sink or glass object.	✓	✓		
Do not use benzene, thinner, alcohol, steam cleaner or high pressure cleaner to clean the appliance.	✓	✓	✓	✓
Ensure that the power voltage, frequency and current are the same as those of the product specifications.	✓	✓		✓
Plug the power plug into the wall socket firmly. Do not use a multiple plug adapter, an extension cord or an electric transformer.	✓	✓	✓	
Do not hook the power cord on a metal object, insert the power cord between the objects or behind the oven.	✓	✓	✓	
Do not use a damaged power plug, damaged power cord or loose wall socket. When the power plug or power cord is damaged, contact your nearest service centre.	✓	✓	✓	✓

Do not pour or directly spray water onto the oven.	✓	✓		
Do not place objects on the oven, inside or on the door of the oven.	✓	✓	✓	
Do not spray volatile material such as insecticide onto the surface of the oven.	✓	✓		
Do not store flammable materials in the oven. Take special care when heating dishes or drinks that contain alcohol as alcohol vapours may contact a hot part of the oven.	✓		✓	✓
Keep children away from the door when opening or closing it as they may bump themselves on the door or catch their fingers in the door.	✓	✓	✓	✓
WARNING: Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container; To prevent this situation ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize. Stir during heating, if necessary, and ALWAYS stir after heating. In the event of scalding, follow these FIRST AID instructions: • Immerse the scalded area in cold water for at least 10 minutes. • Cover with a clean, dry dressing. • Do not apply any creams, oils or lotions.	✓	✓	✓	✓
Do not put the tray or rack in water shortly after cooking because it may cause breakage or damage of the tray or rack.				✓
Do not operate the microwave oven for deep fat frying because the oil temperature cannot be controlled. This could result in a sudden boil over of the hot liquid.	✓			✓

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⚠ CAUTION				
Only use utensils that are suitable for use in microwave ovens; DO NOT use any metallic containers, Dinnerware with gold or silver trimmings, Skewers, forks, etc. Remove wire twist ties from paper or plastic bags. Reason: Electric arcing or sparking may occur and may damage the oven.	✓		✓	✓
Do not use your microwave oven to dry papers or clothes.	✓		✓	✓
Use shorter times for smaller amounts of food to prevent overheating and burning food.	✓		✓	✓
Do not immerse the power cable or power plug in water and keep the power cable away from heat.	✓	✓		
Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended; Also do not heat airtight or vacuum-sealed bottles, jars, containers, nuts inshells, tomatoes etc.			✓	✓
Do not cover the ventilation slots with cloth or paper. They may catch fire as hot air escapes from the oven. The oven may also overheat and switch itself off automatically, and will remain off until it cools sufficiently.	✓		✓	
Always use oven mitts when removing a dish from the oven to avoid unintentional burns.			✓	
Stir liquids halfway during heating or after heating ends and allow the liquid stand at least 20 seconds after heating to prevent eruptive boiling.			✓	
Stand at arms length from the oven when opening the door to avoid getting scalded by escaping hot air or steam.			✓	
Do not operate the microwave oven when it is empty. The microwave oven will automatically shut down for 30 minutes for safety purposes. We recommend placing a glass of water inside the oven at all times to absorb microwave energy in case the microwave oven is started accidentally.	✓			✓
Install the oven in compliance with the clearances stated in this manual. (See installing your microwave oven.)	✓		✓	
Take care when connecting other electrical appliances to sockets near the oven.	✓	✓	✓	

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY. (MICROWAVE FUNCTION ONLY)

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

(a) Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.

(b) Do NOT place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.

(c) Do NOT operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer. It is particularly important that the oven door closes properly and that there is no damage to the:

(1) door (bent)

(2) door hinges (broken or loose)

(3) door seals and sealing surfaces

(d) The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.

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Samsung will charge a repair fee for replacing an accessory or repairing a cosmetic defect if the damage to the unit and/or damage to or loss of the accessory was caused by the customer. Items this stipulation covers include:

(a) A Dented, Scratched, or Broken Door, Handle, Out-Panel, or Control Panel.

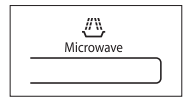
(b) A Broken or missing Tray, Guide Roller, Coupler, or Wire Rack.

- Use this appliance only for its intended purpose as described in this instruction manual. Warnings and Important Safety Instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining, and operating your appliance.
- Because these following operating instructions cover various models, the characteristics of your microwave oven may differ slightly from those described in this manual and not all warning signs may be applicable. If you have any questions or concerns, contact your nearest service centre or find help and information online at www.samsung.com.
- This microwave oven is supposed for heating food. It is intended for domestic home-use only. Do not heat any type of textiles or cushions filled with grains, which could cause burns and fire. The manufacturer cannot be held liable for damage caused by improper or incorrect use of the appliance.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possible result in a hazardous situation.

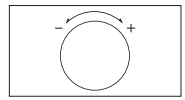
quick look-up guide

If you want to cook some food.

1. Place the food in the oven.
Select the power level by pressing the **Microwave** (Microwave) button one or more times.

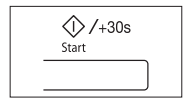


2. Select the cooking time by turning the **dial knob** as required.



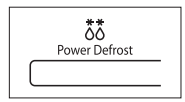
3. Press the **Start/+30s** (Start/+30s) button.

Result : Cooking starts. The oven beeps 4 times when cooking is over.

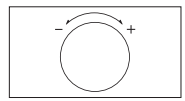


If you want to auto power defrost some food.

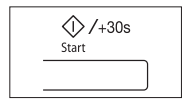
1. Place the frozen food in the oven.
Select the type of food that you are cooking by pressing the **Power Defrost** (Power Defrost) button one or more times.



2. Select the weight by turning the **dial knob** as required.



3. Press the **Start/+30s** (Start/+30s) button.



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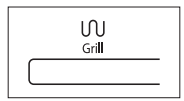
If you want to add extra 30 seconds.

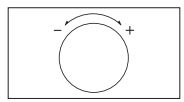
Leave the food in the oven.
Press **Start/+30s** (/+30s) button one or more times for each extra 30 seconds that you wish to add.

If you want to grill some food.

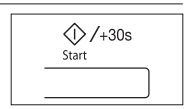
1. Press the **Grill** () button.



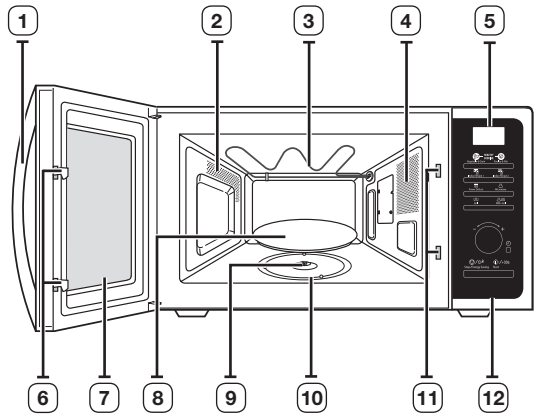
2. Select the cooking time by turning the **dial knob** as required.



3. Press the **Start/+30s** (/+30s) button.



OVEN



1. DOOR HANDLE
2. VENTILATION HOLES
3. GRILL
4. LIGHT
5. DISPLAY
6. DOOR LATCHES
7. DOOR
8. TURNTABLE
9. COUPLER
10. ROLLER RING
11. SAFETY INTERLOCK HOLES
12. CONTROL PANEL

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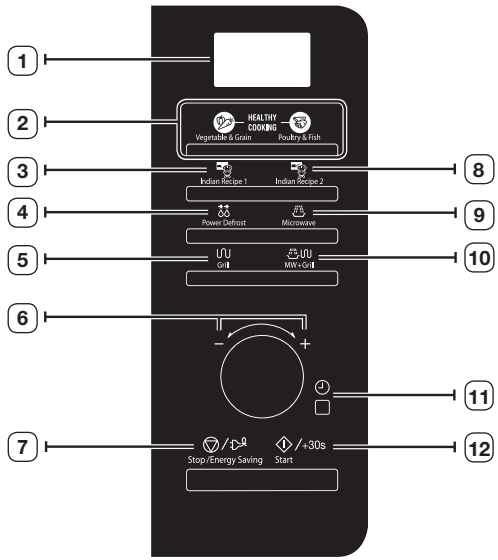
CONTROL PANEL



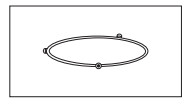
1. DISPLAY
2. HEALTHY COOKING BUTTON
3. INDIAN RECIPE 1 BUTTON
4. POWER DEFROST BUTTON
5. GRILL BUTTON
6. DIAL KNOB (WEIGHT/SERVING/TIME)
7. STOP/ENERGY SAVING BUTTON
8. INDIAN RECIPE 2 BUTTON
9. MICROWAVE BUTTON
10. MW+GRILL BUTTON
11. CLOCK SETTING BUTTON
12. START/+30s BUTTON

ACCESSORIES

Depending on the model that you have purchased, you are supplied with several accessories that can be used in a variety of ways.

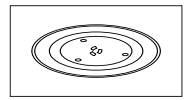
1. **Roller ring**, to be placed in the centre of the oven.

   Purpose : The roller ring supports the turntable.



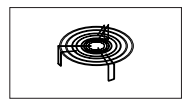
2. **Turntable**, to be placed on the roller ring with the centre fitting to the coupler.

   Purpose : The turntable serves as the main cooking surface; it can be easily removed for cleaning.



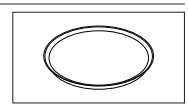
3. **Grill rack,** to be placed on the turntable.

   Purpose : The metal rack can be used in grill and combination cooking.



4. **Crusty plate,** see page 30-31. (Only MG23F301TC*, MG23F301TJ*, MG23F302TC*, MG23F302TJ* models)

   Purpose: The crusty plate is used to brown food better in the microwave or grill combination cooking modes. It helps keep pastry and pizza dough crisp.



DO NOT operate the microwave oven without the roller ring and turntable.

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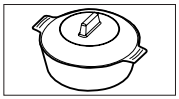
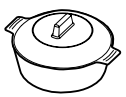
5. **Steam cooker,** see page 28 to 30.
(Only MG23F301TF*, MG23F301TJ*, MG23F302TF*, MG23F302TJ* models)



Purpose : The plastic steam cooker when using power steam function.

DO NOT operate the microwave oven without the roller ring and turntable.

DO NOT operate the **Grill** (⏦) and **Combi** (♨⏦) mode with Steam cooker.

Operation Mode	MW (♨)	GRILL (⏦)	COMBI (♨⏦)
 (Steam cooker)	O	X	X

oven use

HOW A MICROWAVE OVEN WORKS

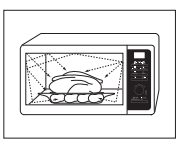
Microwaves are high-frequency electromagnetic waves; the energy released enables food to be cooked or reheated without the foods form or colour changing.

You can use your microwave oven to:

- Defrost (manual & auto)
- Cook
- Reheat

Cooking Principle.

1. The microwaves generated by the magnetron are distributed uniformly as the food rotates on the turntable. The food is thus cooked evenly.
2. The microwaves are absorbed by the food up to a depth of about 1 inch (2.5 cm). Cooking then continues as the heat is dissipated within the food.
3. Cooking times vary according to the recipient used and the properties of the food:
   - Quantity and density
   - Water content
   - Initial temperature (refrigerated or not)



As the centre of the food is cooked by heat dissipation, cooking continues even when you have taken the food out of the oven. Standing times specified in recipes and in this booklet must therefore be respected to ensure:

- Even cooking of the food right to the centre
- The same temperature throughout the food

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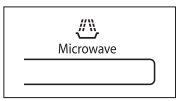
CHECKING THAT YOUR OVEN IS OPERATING CORRECTLY

The following simple procedure enables you to check that your oven is working correctly at all times.
Open the oven door by pulling the handle on the right side of the door.
Place a glass of water on the turntable. Then, close the door.

1. Press the **Microwave** (🍲) button.

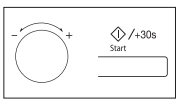
   Result : The 800 W (maximum cooking power) indications are displayed



2. Set the time 4 to 5 minutes by turning the **dial knob** and press the **Start/+30s** (⏀/+30s) button.

   Result: The oven light comes on and the turntable starts rotating.

   1) Cooking starts and when it has finished the oven beeps 4 times.
   2) The end reminder signal will beep 3 times (once every minute).
   3) The current time is displayed again.



The oven must be plugged into an appropriate wall socket. The turntable must be in position in the oven. If a power level other than the maximum is used, the water takes longer to boil.

SETTING THE TIME

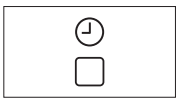
Your microwave oven has an inbuilt clock. When power is supplied, ":0", "88:88" or "12:00" is automatically displayed on the display.
Please set the current time. The time can be displayed in either the 24- hour or 12-hour notation. You must set the clock:

- When you first install your microwave oven
- After a power failure

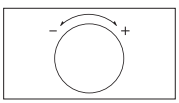
Do not forget to reset the clock when you switch to and from summer and winter time.

Auto energy saving function
If you do not select any function when appliance is in the middle of setting or operating with temporary stop condition, function is canceled and clock will be displayed after 25 minutes.
Oven Lamp will be turned off after 5 minutes with door open condition.

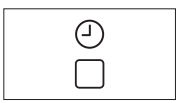
1. **To display the time in the...**
   24-hour notation.
   12-hour notation.
   Press the **Clock** (🕘) button once or twice.



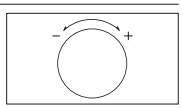
2. Turn the **dial knob** to set the hour.



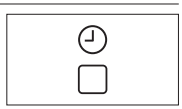
3. Press the **Clock** (🕘) button.



4. Turn the **dial knob** to set the minute.



5. Press the **Clock** (🕘) button.



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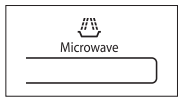
COOKING/REHEATING

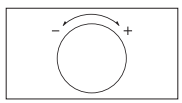
The following procedure explains how to cook or reheat food.
ALWAYS check your cooking settings before leaving the oven unattended.
First, place the food in the centre of the turntable. Then, close the door.

1. Press the **Microwave** (🍲) button.



Result : The 800 W (maximum cooking power) indications are displayed:
Select the appropriate power level by pressing the **Microwave** (🍲) button again until the corresponding wattage is displayed. Refer to the power level table.

2. Set the cooking time by turning the **dial knob.**



Result : The cooking time is displayed.

3. Press the **Start/+30s** (⏀/+30s) button.

Result : The oven light comes on and the turntable starts rotating.

1) Cooking starts and when it has finished the oven beeps 4 times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Never switch the microwave oven on when it is empty.

If you wish to heat a dish for a short period of time at maximum power (800 W), simply press the **Start/+30s** (⏀/+30s) button once for each 30 seconds of cooking time. The oven starts immediately.

POWER LEVELS

You can choose among the power levels below.

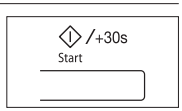
Power level	Output	
	MWO	GRILL
HIGH	800 W	-
MEDIUM HIGH	600 W	-
MEDIUM	450 W	-
MEDIUM LOW	300 W	-
DEFROST (❄)	180 W	-
LOW/KEEP WARM	100 W	-
GRILL	-	1100 W
COMBI I (🍲+♨)	600 W	1100 W
COMBI II (🍲+♨)	450 W	1100 W
COMBI III (🍲+♨)	300 W	1100 W

If you select higher power level, the cooking time must be decreased.

If you select lower power level, the cooking time must be increased.

ADJUSTING THE COOKING TIME

You can increase the cooking time by pressing the **Start/+30s** (⏀/+30s) button once for each 30 seconds to be added.



Press the **Start/+30s** (⏀/+30s) button once for each 30 seconds to be added.

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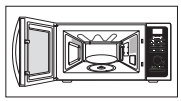
STOPPING THE COOKING

You can stop cooking at any time to check the food.

1. To stop temporarily;

1) Open the door.

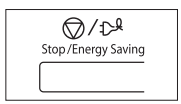


Result : Cooking stops. To resume cooking, close the door and press **Start/+30s** (⏀/+30s) button again.

2) Press the **Stop/Energy Saving** (⏚/⏻) button.

Result : Cooking stops. To resume cooking, press **Start/+30s** (⏀/+30s) button again.

2. To stop completely;
Press the **Stop/Energy Saving** (⏚/⏻) button.



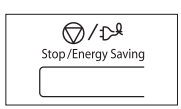
Result : The cooking stops. If you wish to cancel the cooking settings, press the **Stop/Energy Saving** (⏚/⏻) button again.

You can also cancel any setting before starting by simply pressing **Stop/Energy Saving** (⏚/⏻) button.

SETTING THE ENERGY SAVE MODE

The oven has an energy save mode. This facility saves electricity when the oven is not in use. Normal condition is standby mode and show clock when not using.

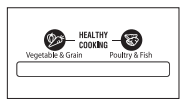
- Press the **Stop/Energy Saving** (⏚/⏻) button.
  Result : Display off.
- To remove energy save mode, open the door or press the **Stop/Energy Saving** (⏚/⏻) button and then display shows current time. The oven is ready for use.



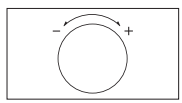
USING THE HEALTHY COOKING FEATURES

The Healthy Cooking Features has twenty pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the item of the serving by turning the **dial knob**.
First, place the food in the centre of the turntable and close the door.

1. Select the type of food that you are cooking by pressing the **Healthy Cooking** (🍲) or **Healthy Cooking** (🍗) button once or more times.



2. Select the size of the serving by turning the **dial knob**. (Refer to the table on the side).



3. Press the **Start/+30s** (⏀/+30s) button.

Result : Cooking starts. When it has finished.
1) The oven beeps 4 times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Use only recipients that are microwave-safe.

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USING THE HEALTHY COOKING PROGRAMMES : VEGETABLES & GRAINS

The following table presents the 12 Healthy diet auto programmes for cooking vegetables or grains. It contains its quantities, standing times and appropriate recommendations.
Programmes 1-10 are running with microwave energy only. Programmes 11-12 are running with a combination of microwave and grill.

Code	Food	Portion (g)	Standing time (min.)	Recommendations
1	**Broccoli**	250 500	1-2	Rinse and clean fresh broccoli and prepare florets. Put them evenly into a glass bowl with lid. Add 30 ml (2 tablespoons) water when cooking for 250 g, and add 60-75 ml (4-5 tablespoons) for 500 g. Put bowl in the centre of turntable. Cook covered. Stir after cooking.
2	**Carrots**	250	1-2	Rinse and clean carrots and prepare even slices. Put them evenly into a glass bowl with lid. Add 30 ml (2 tablespoons) water when cooking for 250 g. Put bowl in the centre of turntable. Cook covered. Stir after cooking.
3	**Green Beans**	250	1-2	Rinse and clean green beans. Put them evenly into a glass bowl with lid. Add 30 ml (2 tablespoon) water when cooking 250 g. Put bowl in the centre of turntable. Cook covered. Stir after cooking.
4	**Spinach**	150	1-2	Rinse and clean spinach. Put into a glass bowl with lid. Do not add water. Put bowl in the centre of turntable. Cook covered. Stir after cooking.
5	**Corn on the cob**	250 (1 pcs)	1-2	Rinse and clean corn on the cobs and put into an oval glass dish. Cover with microwave cling film and pierce film.
6	**Peeled Potatoes**	250 500	2-3	Wash and peel the potatoes and cut into a similar size. Put them into a glass bowl with lid. Add 45-60 ml (3-4 tablespoons) water. Put bowl in the centre of turntable. Cook covered.
7	**Brown Rice** (Parboiled)	125	5-10	Use a large glass ovenware dish with lid. Add double quantity of cold water 250 ml. Cook covered. Stir before standing time and add salt and herbs.
8	**Wholemeal Macaroni**	125	1	Use a large glass ovenware dish with lid. Add 500 ml hot boiling water, a pinch of salt and stir well. Cook uncovered. Stir before standing time and drain thoroughly afterwards.
9	**Quinoa**	125	1-3	Use a large glass ovenware dish with lid. Add double quantity of cold water (250 ml). Cook covered. Stir before standing time and add salt and herbs.
10	**Bulgur**	125	2-5	Use a large glass ovenware dish with lid. Add double quantity of cold water (250 ml). Cook covered. Stir before standing time and add salt and herbs.

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Code	Food	Portion (g)	Standing time (min.)	Recommendations
11	Vegetables Gratin	500	2-3	Put the vegetables, such as precooked potato slices, courgette slices and tomatoes and sauce into a suitable sized glass pyrex dish. Add grated cheese on top. Put dish on the rack.
12	Grilled Tomatoes	400	1-2	Rinse and clean tomatoes, cut them into halves and put in an ovenware dish. Add grated cheese on top. Put dish on rack.

USING THE HEALTHY COOKING PROGRAMMES : POULTRY & FISH

The following table presents the 8 Healthy diet auto programmes for cooking poultry and fish, its quantities, standing times and appropriate recommendations. Programmes 1-6 are running with microwave energy only. Programmes 7-8 are running with a combination of microwaves and grill.

Code	Food	Portion (g)	Standing time (min.)	Recommendations
1	Chicken Breast	300 (2 pcs)	2	Rinse pieces and put on a ceramic plate. Cover with microwave cling film. Pierce film. Put dish on turntable.
2	Turkey Breast	300 (2 pcs)	2	Rinse pieces and put on a ceramic plate. Cover with microwave cling film. Pierce film. Put dish on turntable.
3	Fresh Fish fillet	300 (2 pcs)	1-2	Rinse fish and put on a ceramic plate, add 1 tablespoon lemon juice. Cover with microwave cling film. Pierce film. Put dish on turntable.
4	Fresh Salmon Filet	300 (2 pcs)	1-2	Rinse fish and put on a ceramic plate, add 1 tablespoon lemon juice. Cover with microwave cling film. Pierce film. Put dish on turntable.
5	Fresh Prawns	250	1-2	Rinse prawns on a ceramic plate, add 1 tablespoon lemon juice. Cover with microwave cling film. Pierce film. Put dish on turntable.
6	Fresh Trout	200 (1 fish)	2	Put 2 fresh whole fish into an ovenproof dish. Add a pinch salt, 1 tablespoon lemon juice and herbs. Cover with microwave cling film. Pierce film. Put dish on turntable.
7	Roast Fish	200 (1 fish)	3	Brush skin of whole fish (trout or gilthead) with oil and add herbs and spices. Put fish side by side, head to tail on the high rack. Turn over, as soon as the beep sounds.
8	Grilled Salmon steaks	300 (2 steaks)	2	Put fish steaks evenly on the high rack. Turn over after half of cooking time.

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USING THE AUTO INDIAN RECIPE FEATURES

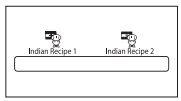
The **Auto Indian Racipe** (Indian Recipe 1) features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level.

You can adjust the item of the serving by turning the dial knob.

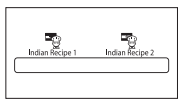
Use only recipients that are microwave-safe.

Open the door. Place the food in the centre of the turntable. Close the door.

1. Press the **Indian Racipe 1** (Indian Recipe 1) or **Indian Recipe 2** (Indian Recipe 2) button.

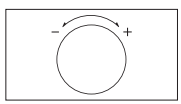


2. Select the category of food that you are cooking by pressing the **Indian Racipe 1** (Indian Recipe 1) or **Indian Recipe 2** (Indian Recipe 2) button. Refer to the table on the following page for a description of the various preprogrammed settings.

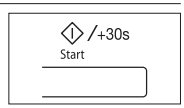


   - Press Indian Racipe 1 (Indian Recipe 1) Button Once : 1.
   - Press Indian Racipe 1 (Indian Recipe 1) Button Twice : 2.
   - Press Indian Racipe 2 (Indian Recipe 2) Button Once : 1.
   - Press Indian Racipe 2 (Indian Recipe 2) Button Twice : 2.

3. Select the item of food by turning the **dial knob**.



4. Press the **Start/+30s** (/+30s) button.



Result : The food is cooked according to the preprogrammed setting selected.

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

USING THE AUTO INDIAN RACIPE PROGRAMMES

The following table presents 4 Auto Indian Racipe feature/Cook Programmes, quantities, Ingredients and appropriate recommendations.

1. INDIAN’S BEST (Press Indian Racipe 1 (Indian Recipe 1) Button Once : 1.)

Code	Food	Serving Size	Ingredients
1	**Chicken Biryani**	700 - 750 gm	Boneless Chicken - 250 g, Rice - 250 g, Fried Onion - 2, Tomato Puree - 4 tbsp, Garlic Paste - 1 tsp, Ginger Paste - 1 tsp, Red Chili Powder - 1 tsp, Black Pepper Powder - 1 tsp, Turmeric - ½ tsp, Cloves - 3~4, Bay Leaves - 2~3, Cardamom - 1, Green Cardamom - 2, Whole Black Pepper - 4~5, Cinnamon Stick - ½, Oil - 4 tbsp, Coriander to garnish, Water - 500 ml
		< Recommendations >	
		Mix all the ingredients in rice container and stir well. Serve hot with vegetable raita or gravy.	
2	**Shahi Paneer**	100 -150 gm	Cottage Cheese - 100 gm, Tomato Puree - 2 tbsp, Pure Ghee - 1 ½ tbsp, Garam Masala - ½ tsp, Green Cardamom Powder - ¼ tsp, Cumin Seeds - ½ tsp, Salt - to taste, Tomato ketchup - 2 tbsp, Fresh Cream - 1 tsp, Dry Fenugreek leaves - ¼ tsp, Water - 6 tbsp
		< Recommendations >	
		In a microwave safe glass bowl cut cottage cheese in 1 inch cubes add all the ingredients mix well, cook and serve hot with assorted Indian bread.	
3	**Rismis Matar Paneer**	150 - 200 gm	Cottage Cheese - 100 gm (diced), Peas - 50 gm (frozen), Cream - 1 tbsp, Garam Masala - ½ tsp, Tomato Puree - 50 gm, Coriander Powder - ½ tsp, Tomato Ketchup - 1 tbsp, Pure Ghee - 1 tbsp, Water - ¼ cup
		< Recommendations >	
		In a microwave safe glass bowl mix all the ingredients and mix well. Cook and serve hot with assorted Indian breads.	

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Code	Food	Serving Size	Ingredients
4	**Gajar ka Halwa**	500 - 550 gm	Carrot - 500 gm, Milk -1 ½ Cup, Sugar - 80 gm, Khoya -100 gm, Desi Ghee - 2 tbsp, Chopped Nuts -2 Tbsp
		< Recommendations >	
		In a microwave safe glass bowl add grated carrot and all the ingredients. Cook and serve hot with cold and fresh cream.	
5	**Chicken Cofta Curry**	400 - 450 gm	Minced Chicken - 400 gm, Ginger Chopped - ½ inch, chopped, Fresh Coriander - ½ cup, Salt - to taste, Fried onion paste - 2 tbsp, Ginger Garlic paste - 1 tsp, Oil - 3 tsp, Red chili powder - 1 ½ tsp, Coriander powder - 1 ½ tsp, Turmeric - ¼ tsp, Cashew Nut Paste - 2 tbsp, Water - ½ cup
		< Recommendations >	
		In a bowl add minced chicken, chopped ginger, fresh coriander, salt and make small balls of the mixture. In another bowl add fried onion paste, ginger garlic paste, 1 tsp oil and chicken balls than marinate for 20 minutes. In a microwave safe glass bowl add tomato puree, red chilli powder, coriander powder, turmeric, cashew nut paste, salt, oil, water and marinated chicken balls and cook for 8 minutes on microwave mod and garnish with coriander leaves. Note :Cover with clear foil and make h holes to release steam.	
6	**Amritsari Fish**	600 - 650 gm	Fish - 500 gm / Curd - 2 tbsp, Coriander Powder - 2 tsp, Ginger Garlic Paste - 2 tsp, Dried Mango Powder - 2 tsp, Cumin Powder - 2 tsp, Red Chilli Powder - 2 tsp, Chicken Colour - one pinch, Onion - ½ cup Chopped, Tomato - ½ cup chopped, Oil - 1 tbsp, Water - 4 to 5 tbsp, Salt - to taste
		< Recommendations >	
		Marinate fish with curd, Ginger Garlic paste, Red chili powder, salt. Grease a flat dish add tomato, onion and all spices, place the fish pieces over it and cover the dish with a clear foil and make small holes to release steam.	

Code	Food	Serving Size	Ingredients
7	**Maharani Dal**	100 - 120 gm	Moong dhuli (Yellow lentils) - ½ Cup, Water - 1 Cup, Ginger Paste - 1 tsp, Oil - 1 tbsp / Salt - to taste, Turmeric Powder - ¼ tsp, Red Chili Powder - ¼ tsp, Dry Mango Powder - ½ tsp, Coriander Powder - ½ tsp, Curry Leaves - 3 to 4, Whole Green Chilies Slit - 1 to 2
		< Recommendations >	
		In a microwave safe glass dish add all the ingredients and cover it with clear foil. Make a hole to release the steam and cook and serve hot.	
8	**Goan Fish Curry**	600 - 650 gm	Pomfret - ½ kg, Cumin Seeds - 1 tbsp, Coriander Seeds - 1 tbsp, Coconut scraped - ½ Cup, Ginger Paste - 1 tsp, Garlic Paste - 1 tsp, Tamarind - lemon sized ball, Oil - 4 tbsp, Fried Onion - 2 medium, Tomato Puree - 4 tbsp, Red Chilies - 3 to 4, Green Chilies - 3 to 4, Salt - to taste, Water - 200 ml
		< Recommendations >	
		Clean wash and cut fish into pieces. Dry roast cumin seeds, coriander seeds & whole red chilies, make a fine paste of all the roasted spices along with coconut, ginger, garlic and tamarind and fried onions. In a microwave safe glass bowl mix all the ingredients add salt to taste and ½ cup water cover with clear foil make a small hole to release steam and cook. Serve hot with steam rice.	
9	**Banarasi Kheer**	100 - 150 gm	Milk - 200 gm, Boiled rice - ⅓ Cup (crushed), Condensed Milk - 4 tbsp, Cardamom Powder - ¼ tsp, Kewra Essence - 2 drops, Badam paste - 1 tblsp, Cottage Cheese - ½ Cup (grated), Saffron - 4 strings, Pista - to garnish
		< Recommendations >	
		In a microwave safe glass bowl mix all the ingredients and cook for 18 minutes on microwave mod at 600 w power and chill for 1 hour. Garnish with Chopped Pistachio and serve chilled.	

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Code	Food	Serving Size	Ingredients
10	Laziz Bhindi	220 gm	Okara - 250 gm, Tomato - 1, Green Chili - 1, Onion - 1 medium, Chaat Masala - ½ tsp, Garam Masala - ¼ tsp, Sunflower Oil - ¼ tsp, Salt - to taste, Garlic paste - to taste, Optional Degi Mirch - ½ tsp
		< Recommendations >	
		Slit okara from the middle and keep aside. Blend onion, tomato, green chili and garlic paste in to a fine paste add salt, chaat masala, Garam Masala, Oil and degi mirch remove the extra juice of tomatoes, make it a thick paste. Fill okara with paste and place it in a flat microwave safe dish and cover it with clear foil and make a small hole to release the steam. Cook and leave for standing time for 3 times.	
11	Kasoori Paneer Tikka	300 - 350 gm	Cottage cheese (paneer) - 250 gm, Green chillies - 3, Ginger peeled - ½ inch piece, Garlic, peeled - 5 cloves, Hung yogurt - ¾ cup, Green chutney - 2 tbsp, Turmeric powder - ¼ tsp, Carom seeds (ajwain) - ½ tsp, Garam masala powder - 1 tsp, Chaat masala - 1 tsp, Kasoori methi powder - 2 tbsp, Roasted chana dal powder - 2 tbsp, Fresh cream - ¼ cup, Salt - to taste, Mustard oil - 2 tbsp, Lemon juice - 2 tbsp, Oil - 2 tbsp
		< Recommendations >	
		Cut paneer into one and a half inch sized pieces. Deseed and cut green capsicums into one and a half inch sized pieces. Grind green chillies, ginger and garlic into a fine paste. Take hung yogurt in a bowl. Add green chutney, green chilli-ginger-garlic paste, turmeric powder, ajwain, garam masala powder, half of the chaat masala, kasoori methi powder, roasted chana dal powder, fresh cream, salt and mix. Add paneer cubes to the marinade and add mustard oil. Skewer the cottage cheese and place on greased crusty plate and put few drops of cooking oil over the tikka and cook for 15 minutes on grill mod on high rack. Arrange the tikkas on a plate, sprinkle the remaining chaat masala and lemon juice and serve hot.	

Code	Food	Serving Size	Ingredients
12	Chicken Malai Tikka	550 - 600 gm	Boneless Chicken - 500 g, lemon juice - 2 tsp, Salt - to taste, yogurt - 3 tbsp, butter - 50 g, double cream - 2 tbsp, Garlic Paste - 1 ½ tbsp, green cardamoms seeds - 3 to 4, ground cumin - 1 tsp, freshly grated nutmeg - ½ tsp, green finger chillies chopped - 3 to 4, oil - 2 tbsp, Cheddar cheese - 3 tbsp
		< Recommendations >	
		Sprinkle lemon juice and salt over the chicken pieces, cover and set aside. Mix the yogurt, half the butter, the cream, Ginger Garlic, cardamoms, cumin, nutmeg, chillies, the oil, and cheese and blend into a smooth paste. Pour over the chicken, making sure it is all well coated, and marinate the meat for 1 hour, covered, in the refrigerator. Place the tikka on crusty plate with high rack and cook for 28 minutes on grill mod.	

2. NUTRITION (Press Indian Racipe 1 (Indian Recipe 1) Button Once : 2.)

Code	Food	Serving Size	Ingredients
1	Chana Chaat	400 - 450 gm	Butter - 1 tbsp, Cumin Seeds - ½ tsp, Boiled Kabuli Chana - 1 cup, Boiled Potato - 1 cup, Cottage Cheese - ½ cup, Chopped tomatoes - ½ cup, Mint and Coriander sweet n sour chutney - ¼ cup, Salt - to taste, Lemon Juice - ½ tsp, Chopped Coriander - 2 tbsp
		< Recommendations >	
		Mix all in a microwave safe bowl and except lemon juice and fresh coriander. Cook on microwave mod add lemon juice and coriander before serving.	
2	Semiya Upma	200 - 250 gm	Roasted Semiya - 1 cup, Roasted Peanut - ½ cup, Oil - 1 tbsp, Mustard Seeds - ½ tsp, Curry Leaves - 4 to 5, Fresh scraped coconut - ¼ cup, Salt & Pepper - to taste
		< Recommendations >	
		Add everything in a glass bowl and cook. Serve hot with coconut chutney.	

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Code	Food	Serving Size	Ingredients
3	**Potato Chaat**	150 - 200 gm	Boiled Potatoes - 2, Rock Salt - ¼ tsp, Salt a pinch, Chaat Masala - ½ tsp, Red Chili Powder a pinch, Lemon Juice - 1 tbsp
		< Recommendations >	
		Mix all the ingredients and cook in crusty plate at high rack on grill mod.	
4	**Pineapple Stir Fry Salad**	500 - 550 gm	Canned Pineapple - ½ Cup (Diced), Fresh Pineapple Juice - ½ Cup (Blanched & Diced), Carrot - ½ Cup (Blanched & Diced), Zucchini - ½ Cup (Blanched & Diced), Baby Corns - ½ Cup (Blanched & Diced), Beans Sprouts - ½ Cup (Blanched & Diced), Cabbage - ½ Cup (shredded), Red & Yellow Bell Pepper - ½ Cup (diced), Spring Onion (white part) - ½ Cup (sliced), Spring Onion (Green part) - ½ Cup (chopped), Oil - 2 tbsp, Soya Sauce - 2 tsp, Red chili flakes - 1 tsp, Powdered Sugar - 1 tsp, Salt - to taste
		< Recommendations >	
		Mix all and cook.	
5	**Vegetable Hariyali**	300 - 320 gm	Carrot - ¼ cup, French Beans - ¼ cup, Cauliflower - ¼ cup, Peas - ¼ cup, Baby Corns - ¼ cup, Coriander - ½ cup, Garlic - 1 tsp, Green Chilies - 1 tsp, Coconut Milk - ½ cup, Milk - 2 tbsp, Butter - 1 tsp, Oil - 1 tsp, Lemon Juice - ½ tsp, Salt - to taste
		< Recommendations >	
		In a bowl add boiled vegetables and mix all the ingredients except salt & lemon. Add lemon & salt at serving time.	
6	**Lemon Chicken**	210 gm	Boneless chicken – 200 gm (cubes), Roasted Coriander seeds crushed – 2 tbsp, Chili Flakes - 1 tbsp, Oil - 2 tsp, Lemon Juice - 5 tbsp, Onion - 1 (rings), Salt - to taste
		< Recommendations >	
		In a bowl mix all and cook and garnish with fresh mint leaves.	
7	**Chicken Mix Herbs**	200 gm	Boneless chicken - 200 gm, Mix Herbs -1 tbsp, Lemon - 1 tsp, Salt - to taste, Black pepper crushed - 1 tsp, Oil - 1 tsp
		< Recommendations >	
		Mix all in a microwave safe container and cook and garnish with fresh mint leaves.	
8	**Fish Sillepe**	150 gm	Fish - 150 gm, Butter - 1 tsp, Ginger Garlic Paste - 1 tsp, Coriander Powder - 2 tsp, Dried Mango Powder - 1 tsp, Salt - to taste, Garam Masala - ½ tsp, Cumin Powder - 1 tsp
		< Recommendations >	
		Marinate fish with all the above mentioned ingredients for 15 minutes. In a Glass dish cook on microwave mod and serve hot.	
9	**Garlic Green Fish**	500 gm	Fish - ½ kg, Ginger - ½ inch long, Garlic - 8 to 10 cloves, Green Chilies - 2 to 3, Coriander - 1 ½ cup, Onion - 1 (big), Turmeric - 1 tsp, Dried mango powder - 1 tsp, Cumin powder - 1 tsp, Coriander powder - 1 tsp, Oil - 1 tbsp
		< Recommendations >	
		Grind Coriander, garlic, green chili and onion make a fine paste and add turmeric, dried mango powder, cumin powder and coriander powder and sauté with 1 tbsp oil. Marinate the fish for 2 hours with above mentioned paste. Cook the fish in a covered microwave safe container for 9:30 minutes and serve hot.	
10	**Dry Lentils**	550 gm	Urad Dhuli - ¼ Cup, Water - ¾ Cup (150 ml), Ginger Paste - ½ tsp, Oil - ½ tbsp, Salt - to taste, Turmeric - ¼ tsp, Red Chili Powder - ¼ tsp, Dry Mango Powder - ¼ tsp, Coriander powder - ¼ tsp, Green Chili - 1 slit, Fresh coriander to garnish
		< Recommendations >	
		Put all the ingredients in microwave safe glass bowl cover with clear foil and make small hole to release steam. Cook on microwave mod and leave for 3 minutes standing time and serve hot.	

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Code	Food	Serving Size	Ingredients
11	Steamed Vegetables	200 gm	Mix Vegetables - 1 cup (peas, cauliflower, carrot, Beans, Sweet corns etc), Lemon Juice - 1 tbsp, Black Pepper - ½ tsp, Rock Salt - ½ tsp, Salt - as required, Water - ½ cup
		< Recommendations >	
		Pour water in the power steam bowl and place the vegetables on strainer, cover and cook for 6 minutes at microwave mod. Add all the ingredients and serve hot.	
12	Fettuccine with Pumpkin	250 gm	Green Fettuccine - 3 Bunches, Pumpkin - 1 ½ cup chopped, Butter - 2 tbsp, Oregano - 1 tsp, Milk - ½ cup, Cream - 1 tbsp, Onion - half (sliced), Pepper - ½ tsp, Nutmeg - ½ tsp (grated), Parsley - 1 tsp, Red chili flakes - ¼ tsp, Salt - to taste
		< Recommendations >	
		In a microwave safe glass bowl add boiled fettuccine and pumpkin puree with all the ingredients and cook and sprinkle grated nutmeg.	
13	Bow with walnut sauce	400 - 450 gm	Bow Pasta - 1 ½ cup (boiled), Walnut - ¼ cup, Butter - 2 tbsp, Basil - ½ cup, Onion - 1 chopped, Tomato - 1, Thin Cream - ¼ cup, Cheddar Cheese - 4 tbsp (grated), Milk - ¼ cup, Pepper - ¼ tsp, Salt - to taste
		< Recommendations >	
		Grind the walnuts with a little water, in to a smooth paste. Mix all the ingredients in a dish and cook and serve hot.	
14	Nutritious Noodles	500 - 550 gm	Boiled Rice Noodles - 200 g, Oil - 1 tbsp, Garlic paste - 2 tsp, Chopped Spring Onions - ¼ cup, French Beans - ¼ cup, Carrot Julian - ¼ cup, Sliced Mushrooms - ¼ cup, Blanched Bean Sprouts - ¼ cup, Roasted Peanuts - ¼ cup, Soya Sauce - 2 tsp, Sugar - 1 tsp, Lemon Juice - 1 tbsp, Salt - to taste, Black Pepper - to taste
		< Recommendations >	
		Mix all in a microwave safe glass bowl except lemon juice. Cook and add lemon juice to serve.	
15	Mixed Vegetable Tikkis	5 tikkis	Boiled Mix Vegetables - 1 cup (carrots, cabbage, cauliflower, peas potatoes, cottage cheese and French beans etc), Powdered roasted peanuts - 1 ½ tbsp, Chopped coriander - 2 tbsp, Sugar - 1 tsp, Chilli Powder - ½ tsp, Sesame seeds - 2 tsp, Salt - to taste, Bread Slices - 2
		< Recommendations >	
		Add all the ingredients in bowl and mash them with the help of a masher. Make 5 tikkis and place them over greased crusty plate. Brush the remaining oil thoroughly over the tikkis and grill for 15 minutes. Serve hot with ketchup.	

3. BRUNCH (Press Indian Racipe 2 (Indian Recipe 2) Button Once : 1.)

Code	Food	Serving Size	Ingredients
1	Veggie Idli	15 to 20	Semolina - 100 gm, Curd - 200 gm, Capsicum - ¼ Cup (fine chopped), Onion - ¼ Cup (fine chopped), Tomatoes - ¼ Cup (Fine chopped), Salt - to taste, Regular Eno - 1 ½ tsp, Curry Leaves - 3 to 4, Mustard Seeds - ½ tsp, Oil - for greasing, Water – for steaming
		< Recommendations >	
		Mix all the ingredients in a bowl, make the batter of dropping consistency. Grease the moulds and fill with batter. Pour ½ cup water in rice container and place the idli stands. Cook and serve hot with coconut chutney.	
2	Poha	220 - 250 gm	Flaked Rice (Poha) - 200 gm, Onion - 1 (chopped), Boiled Peas - ½ Cup, Green chilies - 2 to 3 (chopped), Curry Leaves - 5 to 6, Mustard Seeds - 1 tsp, Oil - ½ tbsp, Asafetida (hing) - 1 pinch, Turmeric - ¼ tsp, Roasted Peanuts - 1 tbsp, Roasted Almonds - 1 tbsp, Pepper - 1 tsp, Salt - to taste
		< Recommendations >	
		Wash flaked rice under running water thoroughly. Keep aside for ten minutes. In a container mix all the ingredients well and cover it with clear foil, make a small hole to release steam. Cook and serve hot with mint chutney.	

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Code	Food	Serving Size	Ingredients
3	**Oat Hearts**	300 - 350 gm	Oats - 1 ½ Cup, Boiled Potatoes - 2, Grated Cottage Cheese - ¼ Cup, Chili powder - ½ tsp, Garam Masal - ¼ tsp, Dry mango powder - 1 tsp, Salt - to taste, Chopped Coriander - 2 tbsp, Grated Carrot - 2 tbsp, Lemon juice - ¼ tsp
		< Recommendations >	
		In a bowl add mashed potatoes and all the ingredients mix well. Make heart shaped culets and coat them with oats, place the cutlets on crusty plate and place the crusty plate on high rack then grill. Serve hot with ketchup.	
4	**Hakka Noodles**	300 - 350 gm	Hakka Noodles - ¼ Packet, Oil - 2 tsp, Cabbage - ¼ cup, Onion - ¼ Cup Sliced, Capsicum - ¼ Cup Sliced, Carrot Julian - ¼ Cup, Soya Sauce - 1 tsp, Ajinomoto - ¼ tsp, Salt - to taste, White Vinegar - ½ tbsp
		< Recommendations >	
		In a microwave safe glass dish add boiled hakka noodles and all the ingredients except vinegar. Cook on microwave mod, add vinegar serve hot.	
5	**Omelet**	1 pcs	Egg - 2, Chopped Onion - ½ tbsp, Chopped Capsicum -½ tbsp, Chopped Mushroom - ½ tbsp, Grated Cream Cheese - ½ tbsp, Salt - to taste, Black Pepper powder - ¼ tsp, Oil - 2 tsp
		< Recommendations >	
		Whisk egg till it becomes fluffy and all the ingredients mix well. Grease the microwave safe glass dish evenly and spread the mixture evenly. Cook for 2 minutes on microwave mod and serve hot.	
6	**Burger**	4	Cracked Wheat (Daliya) - ⅓ cup (soaked), Carrots - 2 tbsp, French Beans - 2 tbsp, Sweet Corns - 2tbsp, Boiled Potatoes - 2, Bread Slices - 1, Green Chillies - ½ tsp (optional), Pepper - ¼ tsp, Coriander leaves - 1 tbsp, Oil - for greasing, Lettuce - 4 leaves, Onion rings - 1, Tomato rings - 1, Cucumber rings - 1, Butter & Ketchup - 2 tbsp, salt - to taste. Buns - 4, cheese slices - 4
		< Recommendations >	
		Soak daliya in water for 1 hour and keep aside. In a bowl add daliya, carrot, French beans, sweet corns, potatoes, bread slices, green chillies, pepper, coriander & salt. Mash everything with the help of a folk and make tikkis. Grease the crusty plate and place the tikkis over it, brush the tikkis with remaining oil and cook for 22 min on grill mod. Slit the buns from middle, spread the butter on lower portion than place 1 onion ring, cheese slice, tikki, tomato and cucumber spread ketchup on the upper bun from inside and place it over the and serve hot.	
7	**Cheese & Broccoli Tikki**	2	Broccoli - ½ cup (sauté), Boiled Potatoes - ½ cup, Onion - ¼ cup, Ginger & Garlic - 1 tsp, Green Chilies - 1 tsp, Mozzarella Cheese - 2 tbsp, Bread Crumbs - ¼ cup, Salt & Pepper - to taste, Olive Oil for greasing
		< Recommendations >	
		Add everything in a bowl and make tikkis of desired shape. Place the tikkis over greased crusty plate and brush them thoroughly with remaining oil and grill for 15 minute. Serve hot.	

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Code	Food	Serving Size	Ingredients
8	**Oat Daliya**	100 - 120 gm	Daliya (Cracked Wheat) - ¼ Cup (Soaked in water for at least 1 hour), Oats - ¼ Cup, Boiled Peas - ¼ Cup / Oil - 2 tbsp, Green Chili - 1 (deseeded), Small Potato - 1 (finely chopped in to thin pieces), Black Pepper Powder - ¼ tsp (crushed), Ginger - 1 tsp (finely chopped), Bay Leaf - 1, Green Cardamom - 1 (crushed), Turmeric Powder - ¼ tsp, Red Chili Powder - ¼ tsp, Lemon Juice - 1 ½ tsp, Coriander - 2 tbsp, Garam Masala - ¼ tsp, Water - ½ cup / Salt - to taste
		< Recommendations >	
		In a microwave safe glass bowl mix all the ingredients and cover it with a lid keep it slightly open to release steam. Serve hot with Mint Chutney. Keep it for 3 minutes as standing time	
9	**Oat Toast**	2 pcs	Roasted Oats - ¼ cup, Bread Slices - 2 / Curd - ¼ cup, Capsicum - ½ tbsp (chopped), Carrot - ½ tbsp (grated), Cumin Powder - 1 pinch (roasted), Salt - to taste, Black pepper powder - to taste, Tomato Ketchup - 1 tbsp / Butter
		< Recommendations >	
		Butter the slice lightly. Keep aside. Mix all the ingredients and spread on slice and place the slices on high rack and cook on grill mod.	
10	**Pasta Salad**	250 - 300 gm	Boiled Bow Pasta - ½ cup, Broccoli - ¼ cup, Chopped Pineapple - ¼ cup, Chopped black grapes - ¼ cup, Shredded Cabbage - 2 tbsp, Corns - 2 tbsp, Carrot Julian - 2 tbsp, Almonds - 2 tbsp, Salt and pepper - to taste
		< Recommendations >	
		Add all the ingredients except, Pineapple and grapes. Cook and add pineapple and grapes and serve.	

4. CAFETERIA (Press Indian Racipe 2 (Indian Recipe 2) Button Once : 2.)

Code	Food	Serving Size	Ingredients
1	**Dhokla**	300 - 350 gm	Bengal Gram Flour - 250 gm, Semolina - 60 gm, Salt - to taste, Regular Eno - 1 tbsp, Mustered Seeds - ¼ tsp, Curry Leaves - 3 to 4
		< Recommendations >	
		In a bowl mix all the ingredients with light hand and in one direction to pump up the air in the batter. Pour the batter in a microwave safe container greased with cooking oil and put curry leaves on the top. Cook for 4 minutes on microwave mod and serve.	
2	**Malai Khumb**	8 pcs	Mushrooms - 8 pieces, Boiled Peas - 50 gm, Cottage Cheese - 1 tbsp, Hung curd - 2 tbsp, Cheese spread - 1 tbsp, Ginger paste - 1 tsp, Corn Flour - 2 tbsp, Oil - 1 tbsp, Chopped coriander leaves - 2 tbsp, Garam masala - ¼ tsp, Pepper - ¼ tsp, Salt - to taste
		< Recommendations >	
		Hollow the mushrooms from the middle and marinate with hung curd, cheese spread, ginger paste, salt and garam masala for 15 minutes. In a bowl add cottage cheese, boiled peas, salt and black pepper. Stuff the marinated mushrooms with mixture and put on crusty plate with high rack cook on grill mod.	
3	**Beans Square**	8 pcs	Cream Cracker Biscuits - 8, Grated cheese - ½ cup, Canned Kidney Beans - 50 gm, Tomato Ketchup - 2 tbsp, Red chili powder - ¼ tsp, Green Chillies - 2, Oregano - ½ tsp, Roasted Peanuts - for garnishing, Fresh Cream -2 tbsp (chilled), Hung curd -½ cup, Lemon -1 tsp, Salt - to taste, White pepper - ¼ tsp
		< Recommendations >	
		In a bowl add cheese, kidney beans, ketchup, red chili powder, chopped green chilies and mix well. Put the mixture over the each biscuit like a heap, leaving the corners clean. Put a paper napkin on the glass turn tray and place the biscuits carefully on it and cook for 3 minutes on microwave mod. Sour Cream : Fresh cream, yogurt, lemon juice, salt and pepper. Garnish the biscuits with sour cream and a peanut at the top.	

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Code	Food	Serving Size	Ingredients
4	**Pasta Italian Waves**	400 - 450 gm	Boiled Pasta - 3 Cup, Capsicum - 1 diced, Bell Pepper - ½ Cup diced, Onion - ½ Cup Sliced, Carrot - ½ Cup (sliced), Sweet Corns - ¼ Cup, Tomato Ketchup -1 ½ tbsp, Tomato Puree - ¼ Cup, Oregano -1 tsp, Cheese - ¼ cup grated
		< Recommendations >	
		White Sauce : Regular flour ½ tbsp add ½ Cup Milk add salt add pepper. In a microwave safe glass dish add boiled past and all the ingredients mix well and grate cheese above it, cook for five minutes on combination mod at 600 w and serve.	
5	**Dakshini Cryspies**	3 pcs	Bread Slices - 3, Boiled Potato - 1, Semolina - 2 tbsp, Salt - to taste, Pepper Powder - ¼ tsp, Onion - half (finely chopped), Tomato - half (deseeded and chopped), Curry leaves - 2 tablespoon (chopped), Mustard Seeds - ½ tsp
		< Recommendations >	
		Cut the bread slices into two half triangle shapes. In a bowl add mashed potato and all the ingredients mix well. Place the mixture on bread slices press gently. Grill on high rack.	
6	**Hot & Sour Soup**	250 - 300 ml	Fresh Tomato Puree - 4 tbsp, Readymade tomato puree - 1 tbsp, Water - 2 cups, Seasoning Cube - 1, Capsicum - 1 tbsp (finely chopped), Cottage cheese - 1 tbsp (finely chopped), Cornflour - 2 ½ tbsp, Vinegar - 1 tsp
		< Recommendations >	
		Mix cornflour with normal water and add to all the ingredients except vinegar. Cook for 9 minutes on microwave mod and serve hot with vinegar.	
7	**Eggless Chocolate Walnut Cake**	500 gm	Regular Flour (Maida) - 100 gm, Powdered Sugar - 2 tbsp, Butter - 75 gm (preferably unsalted), Milk - ½ Cup, Milk Maid - ½ tin, Cocoa Powder - ¼ Cup, Soda bi carb - ½ tsp, Baking powder - ½ tsp, Vanilla Essence - 1 tsp, Walnut - 2 tbsp
		< Recommendations >	
		Sift regular flour with cocoa, soda bicarb and baking powder. Keep aside. Mix sugar and butter. Beat till it gets light and fluffy. Add milk maid and beat again for 1 minute. Add milk and essence. Add Maida. Beat well for 3-4 minutes till the mixture is smooth and light. Add walnuts, Mix well. transfer to big, greased deep dish of 9" inch diameter. Microwave for 5 minutes. Let it cool. Let it stand for 3-4 minutes. Let it cool till it leaves the sides of container. And serve.	
8	**Tomato & Basil Soup**	200 - 250 ml	Ready made Tomato puree - 2 tbsp, Fresh Tomato Puree - 1 cup, Water - 1 cup, Oil - 1 tbsp, Cornflour - 1 ½ tbsp, Sugar powder - 2 ½ tbsp, Salt & Pepper - to taste, Basil - 2 tbsp, Butter & soup sticks for serving
		< Recommendations >	
		Add corn flour in cup and mix with normal water. Add everything in a bowl and cook for 7 minutes on microwave mod. Serve hot with butter and soup sticks.	
9	**Almond drop Chocolates**	100 - 120 gm	Dark Chocolate - 50 gm, Milk Compound - 50 gm, Almonds - whole (Gurbandi Almonds, comparatively small almond)
		< Recommendations >	
		In a glass bowl put both the chocolate compounds. Microwave for two minutes on 600 w power. Dip the almond in melted chocolate and put them on a greased tray and freeze for 8 minutes. And serve.	

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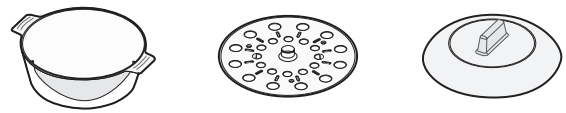
Code	Food	Serving Size	Ingredients
10	**Garlic Bread**	1 loaf	French Bread - 1 loaf, Softened Butter - 6 tbsp, Mozzarella Cheese - ½ cup (grated), Garlic - 3 to 4 cloves crushed, Black pepper powder - ¼ tsp, Red Chili Flakes - ½ tsp, Oregano - ½ tsp, Salt - one pinch
		< Recommendations >	
		Cut the loaf into diagonal slices. In a bowl add all the ingredients and mix well. Spread the mixture over slices evenly at both the sides. Grease the crusty plate with few drops of olive oil and place the slices. Cook for 8 minutes at grill mod over high rack.	
11	**Vegetable Pasta**	550 - 600 gm	Butter - 2 tsp, Chopped Garlic - 2 tsp, Chopped onions - ¼ cup, Chopped capsicum - ¼ cup, broccoli florets - ¼ cup, Carrot Julian - ¼ cup, Chopped Tomatoes - ½ cup, Penne Pasta - 2 cups, milk - ¾ cup, Mozzarella cheese - 3 tbsp, salt - to taste, black pepper - ½ tsp
		< Recommendations >	
		In a microwave safe glass bowl add all the ingredients except salt. Cook on microwave mod and add salt after removing from the microwave.	
12	**Chilli Cheese Frisbees**	6 frisbees	Whole wheat flour - ½ cup, Cooking cheese - 2 ½ tbsp, Chilli powder - ¼ tsp, Sesame seeds - 1 tsp, Wheat bran - 2 tbsp, Oil - 1 tsp, Salt - to taste
		< Recommendations >	
		Knead everything into smooth dough and make six Frisbees out of it. Place the Frisbees over greased crusty plate and cook for 11:30 minutes on grill mod. Cool and store in air tight container.	
13	**Muesli chocolate rocks**	200 - 250 gm	Roasted Oats - ¼ cup, Cornflakes - ¼ cup, Mixed Nuts - 2 tbsp, Wheat bran - 1 tsp, Raisins - 2 tsp, Castor Sugar - 2 tsp, Milk Chocolate - ¼ cup, Dark chocolate - 2 tbsp
		< Recommendations >	
		Mix all heat on 600 w and set in microwave safe microwave safe glass dish. Make small rock shapes and Refrigerate for 5 minutes and serve.	

POWER STEAM COOKING GUIDE (ONLY MG23F301TF*, MG23F301TJ*, MG23F302TF*, MG23F302TJ* MODELS)

The Power Steamer is based on the principle of steam cooking, and is designed for fast, healthy cooking in your Samsung Microwave oven. This accessory is ideal for cooking rice, pasta, vegetables, etc. in record time, while preserving their nutritional values.
The Microwave Power steamer set is made up of 3 items:



Bowl Insert tray Lid

All parts withstand temperatures from -20 °C to 140 °C.
Suitable for freezer storage. Can also be used separately or together.

CONDITIONS of USE:

- Do not use:
  - to cook foods with a high sugar or fat content,
  - with the grill or rotating heat function or on a hob.
- Wash all parts well in soapy water before first use.
- To find out cooking times, please refer to the instructions in the table on next page.

MAINTENANCE:

- Your steamer can be washed in a dishwasher.
- When washing by hand, use hot water and washing-up liquid. Do not use abrasive pads.
- Some foods (such as tomato) may discolour the plastic. This is normal and not a manufacturing fault.

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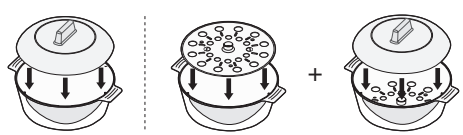
DEFROSTING:

Place the frozen food in the steam bowl without the lid. The liquid will remain in the bottom of the pot and will not harm the food.

COOKING:

Food	Portion	Power levels	Cooking time (min.)	Standing time (min.)	Handling
Artichokes	300 g (1-2 pcs)	800 W	5-6	1-2	Bowl with insert tray + Lid
	Instructions Rinse and clean artichokes. Put insert tray into bowl. Set artichokes on tray. Add one tablespoon lemon juice. Cover with lid.				
Fresh vegetables	300 g	800 W	4-5	1-2	Bowl with insert tray + Lid
	Instructions Weigh the vegetables (e.g. broccoli, cauliflower, carrots, pepper) after washing, cleaning and cutting into similar size. Put tray into bowl. Distribute vegetables on insert tray. Add 2 tablespoons water. Cover with lid.				
Frozen vegetables	300 g	600 W	7-8	2-3	Bowl with insert tray + Lid
	Instructions Put the frozen vegetables into the steam bowl. Put insert tray into bowl. Add 1 tablespoon water. Cover with lid. Stir well after cooking and standing.				
Rice	250 g	800 W	15-18	5-10	Bowl + Lid
	Instructions Put rice into the steam bowl. Add 500 ml cold water. Cover with lid. After cooking let stand white rice 5 minutes, brown rice 10 minutes.				
Jacket potatoes	500 g	800 W	7-8	2-3	Bowl + Lid
	Instructions Weigh and rinse the potatoes and put them into steam bowl. Add 3 tablespoons water. Cover with lid.				
Stew (Chilled)	400 g	600 W	5-6	1-2	Bowl + Lid
	Instructions Put stew into the steam bowl. Cover with lid. Stir well before standing.				
Soup (Chilled)	400 g	800 W	3-4	1-2	Bowl + Lid
	Instructions Pour into steam bowl. Cover with lid. Stir well before standing.				
Frozen soup	400 g	800 W	8-10	2-3	Bowl + Lid
	Instructions Put frozen soup into steam bowl. Cover with lid. Stir well before standing.				
Frozen yeast dumpling with jam filling	150 g	600 W	1-2	2-3	Bowl + Lid
	Instructions Moist the top of filled dumplings with cold water. Put 1-2 frozen dumplings side by side into the steam bowl. Cover with lid.				
Fruit compote	250 g	800 W	3-4	2-3	Bowl + Lid
	Instructions Weigh the fresh fruits (e.g. apples, pears, plums, apricots, mangoes or pineapple) after peeling, washing and cutting into similar sizes or cubes. Put into steam bowl. Add 1-2 tablespoons water and 1-2 tbsp. sugar. Cover with lid.				

Handling of power steam cooker



Bowl + Lid Bowl with insert tray + Lid

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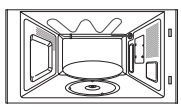
PRECAUTIONS:

- Take special care when opening the lid of your steamer, because the steam escaping may be very hot.
- Use oven gloves when handling after cooking.

USING THE CRUSTY PLATE (ONLY MG23F301TC*, MG23F301TJ*, MG23F302TC*, MG23F302TJ* MODELS)

This crusty plate allows you to brown food not only on the top with the grill, but also the bottom of the food turns crispy and brown due to the high temperature of the crusty plate. Several items which you can prepare on the crusty plate can be found in the chart (see next page).
The crusty plate can also be used for bacon, eggs, sausages, etc.

1. Place the crusty plate directly on the turntable and preheat it with highest Microwave-Grill-Combination [600 W + Grill (⏦)] by following the times and instructions in the chart.

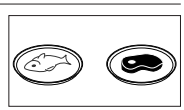


- Always use oven gloves to take out the crusty plate, as will become very hot.

2. Brush the plate with oil if you are cooking food, such as bacon and eggs, in order to brown the food nicely.

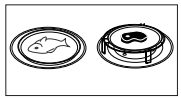
- Please note that the crusty plate has a teflon layer which is not scratch-resistant. Do not use any sharp objects like a knife to cut on the crusty plate.
- Use plastic accessories to avoid scratches on the surface of the crusty plate or remove the food from the plate before cutting.

3. Place the food on the crusty plate.



- Do not place any objects on the crusty plate that are not heat-resistant; e.g. plastic bowels.
- Never place the crusty plate in the oven without turntable.

4. Place the crusty plate on the metal rack (or turntable) in the microwave.



5. Select the appropriate cooking time and power. (Refer to the table on the side)

- **How to clean the Crusty Plate**

  Clean the crusty plate with warm water and detergent and rinse off with clean water.

- Do not use a scrubbing brush or a hard sponge otherwise the top layer will be damaged.

- **Please Note**

  The crusty plate is not dishwasher-safe.

USING THE MANUAL CRUSTY COOK PROGRAMMES

We recommend to preheat the crusty plate directly on the turntable.
Preheat crusty plate with 600 W + Grill (⏦) function for 3-5 minutes.
Follow the times and instructions in the table.

Food	Portion	Power	Preheating time (min.)	Cooking time (min.)
Bacon	4 slices (80 g)	600 W + Grill ⏦	3	3½-4
	< Recommendations >			
	Preheat crusty plate. Put slices side by side on crusty plate. Put crusty plate on the rack.			
Grilled Tomatoes	200 g (2 pcs)	450 W + Grill ⏦	3	4½-5
	< Recommendations >			
	Preheat crusty plate. Cut tomatoes in halves. Put some cheese on top. Arrange in a circle on crusty plate. Put crusty plate on the rack.			

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Food	Portion	Power	Preheating time (min.)	Cooking time (min.)
Burger (Frozen)	2 pieces (125 g)	600 W + Grill	3	7-7½
	< Recommendations >			
	Preheat crusty plate. Put frozen burger in a circle on crusty plate. Put crusty plate on the rack. Turn over after 4-5 min.			
Baguettes (Frozen)	200-250 g (2 pcs)	450 W + Grill	4	8-9
	< Recommendations >			
	Preheat crusty plate. Put one baguette beside the centre, 2 baguettes side by side on the plate. Put crusty plate on rack.			
Pizza (Frozen)	300-350 g	600 W + Grill	4	9-10
	< Recommendations >			
	Preheat crusty plate. Put the frozen pizza on the crusty plate. Put crusty plate on the rack.			
Baked Potatoes	250 g 500 g	600 W + Grill	3	5-6 8-9
	< Recommendations >			
	Preheat crusty plate. Cut potatoes in halves. Put them on the crusty plate with the cut side to the bottom. Arrange in a circle. Put the plate on the rack.			
Fish Fingers (Frozen)	150 g (5 pcs) 300 g (10 pcs)	600 W + Grill	4	7-8 9-10
	< Recommendations >			
	Preheat crusty plate. Brush plate with 1 tbsp. oil. Put fish fingers in a circle on the plate. Turn over after 4 min (5 pc) or after 6 min (10 pc).			
Chicken Nuggets (Frozen)	125 g 250 g	600 W + Grill	4	5-5½ 7½-8
	< Recommendations >			
	Preheat crusty plate. Brush plate with 1 tbsp. Put chicken nuggets on the plate. Put crusty plate on the rack. Turn over after 3 min (125 g) or 5 min (250 g).			

Food	Portion	Power	Preheating time (min.)	Cooking time (min.)
Pizza (Chilled)	300-350 g	450 W + Grill	4	6½-7½
	< Recommendations >			
	Preheat crust plate. Put the chilled pizza on the plate. Put crust plate on rack.			

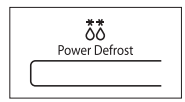
USING THE AUTO POWER DEFROST FEATURES

The Auto Power Defrost feature enables you to defrost meat, poultry, fish and bread/cake. The defrost time and power level are set automatically. You simply select the programme and the weight.

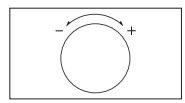
Use only dishes that are microwave-safe.

First, place the frozen food in the centre of the turntable and close the door.

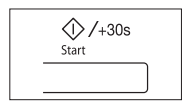
1. Select the type of food that you are cooking by pressing the **Power Defrost** ( ) button one or more times. (Refer to the table on the side).



2. Set the weight of food by turning the **dial knob**.



3. Press the **Start/+30s** (/+30s) button.



Result :

- Defrosting begins.
- The oven beeps half way through defrosting to remind you to turn the food over.
- Press **Start/+30s** (/+30s) button again to finish defrosting.

You can also defrost food manually. To do so, select the microwave cooking/reheating function with a power level of 180 W. Refer to the section entitled “Cooking/Reheating” on page 16 for further details.

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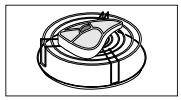
USING THE AUTO POWER DEFROST PROGRAMMES

The following table presents the various Auto Power Defrost programmes, quantities, standing times and appropriate recommendations.
Remove all kinds of package material before defrosting. Place meat, poultry, fish, bread/cake on a ceramic plate.

Code	Food	Serving size (g)	Standing time (min.)	Recommendations
1	Meat	200-1500	20-60	Shield the edges with aluminium foil. Turn the meat over when the oven beeps. This programme is suitable for beef, lamb, pork, steaks, chops and minced meat.
2	Poultry	200-1500	20-60	Shield the leg and wing tips with aluminium foil. Turn the poultry over when the oven beeps. This programme is suitable for whole chicken and chicken portions.
3	Fish	200-1500	20-50	Shield the tail of the whole fish with aluminium foil. Turn the fish over when the oven beeps. This programme is suitable for whole fishes and fish fillets.
4	Bread/ Cake	125-625	5-20	Put bread on a piece of kitchen paper and turn over, as soon as the oven beeps. Place cake on a ceramic plate and if possible, turn over, as soon as the oven beeps. (Oven keeps operating and is stopped, when you open the door. This programme is suitable for all kinds of bread, sliced or whole, as well as for bread rolls and baguettes. Arrange bread rolls in a circle. This programme is suitable for all kinds of yeast cake, biscuit, cheese cake and puff pastry. It is not, suitable for short/ crust pastry, fruit and cream cakes as well as for cake with chocolate topping.

Select the Manual Defrosting function with a power level of 180 W if you want to defrost food manually. For further details on manual defrosting and defrosting time, refer to the page 39-40.

CHOOSING THE ACCESSORIES



Use microwave-safe recipients; do not use plastic containers, dishes, paper cups, towels, etc.

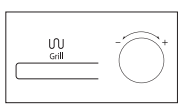
If you wish to select the combined cooking mode (grill and microwave), use only dishes that are microwave-safe and ovenproof.

For further details on suitable cookware and utensils, refer to the Cookware Guide on page 34.

GRILLING

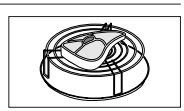
The grill enables you to heat and brown food quickly, without using microwaves. For this purpose, a grill rack is supplied with your microwave oven.

1. Preheat the grill to the required temperature, by pressing the **Grill** (⏦) button and set the preheat time by turning the **dial knob**.



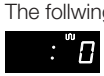
2. Press the **Start/+30s** (⏀/+30s) button.

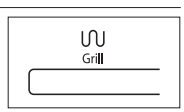
3. Open the door and place the food on the rack. Close the door.



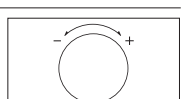
4. Press the **Grill** (⏦) button.

Result : The follwing indications are displayed:





5. Set the Grilling time by turning the **dial knob**. The maximum grilling time is 60 minutes.



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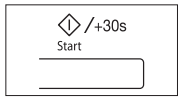
6. Press the **Start/+30s** (⏀/+30s) button.



Result : Grilling cooking start. When it has finished.

1) The oven beeps 4 times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Do not worry if the heater turns off and on while grilling. This system is designed to prevent overheating of the oven.

Always use oven gloves when touching the dishes in the oven, as they will be very hot.

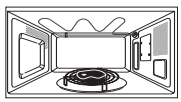
COMBINING MICROWAVES AND THE GRILL

You can also combine microwave cooking with the grill, to cook quickly and brown at the same time.

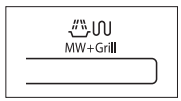
ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.

ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.

1. Open the oven door.
   Place the food on the rack and the rack on the turntable.
   Close the door.



2. Press the **MW+Grill** (MW+Grill) button.



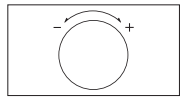
Result : The following indications are displayed:

MW+Grill (microwave and grill mode)
600 W (out power)

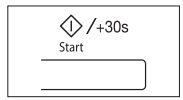
Select the appropriate power level by pressing the **MW+Grill** (MW+Grill) button again until the corresponding power level is displayed.

You cannot set the temperature of the grill.

3. Set the Cooking time by turning the **dial knob.** The maximum grilling time is 60 minutes.



4. Press the **Start/+30s** (⏀/+30s) button.



Result : Combination cooking starts. When it has finished.

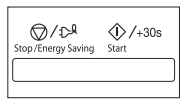
1) The oven beeps 4 times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

The maximum microwave power for the combined microwave and grill mode is 600 W.

SWITCHING THE BEEPER OFF

You can switch the beeper off whenever you want.

1. Press the **Stop/Energy Saving** (⏚/Stop/Energy Saving) and **Start/+30s** (⏀/+30s) buttons for two second.

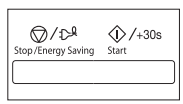


Result :

- The following indication is displayed.

- The oven does not beep each time you press any button.

2. To switch the beeper back on, press the **Stop/ Energy Saving** (⏚/Stop/Energy Saving) and **Start/+30s** (⏀/+30s) buttons again for two second.



Result :

- The following indication is displayed.

- The oven operates with the beeper on again.

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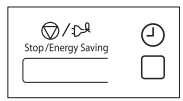
SAFETY-LOCKING YOUR MICROWAVE OVEN

Your microwave oven is fitted with a special Child Safety programme, which enables the oven to be “locked” so that children or anyone unfamiliar with it cannot operate it accidentally.
The oven can be locked at any time.

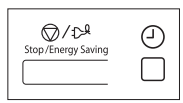
1. Press the **Stop/Energy Saving** (⏚/⏻) and **Clock** (🕒) buttons for two second.



Result :

- The oven is locked (no functions can be selected).
- The display shows “L”.

2. To unlock the oven, press the **Stop/Energy Saving** (⏚/⏻) and **Clock** (🕒) buttons again for two second.



Result : The oven can be used normally.

cookware guide

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used. Care must therefore be taken when choosing the cookware. If the cookware is marked microwave-safe, you do not need to worry.
The following table lists various types of cookware and indicates whether and how they should be used in a microwave oven.

Cookware	Microwave-safe	Comments
Aluminum foil	✓ ✗	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Crust plate	✓	Do not preheat for more than 8 minutes.
China and earthenware	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim.
Disposable polyester cardboard dishes	✓	Some frozen foods are packaged in these dishes.
Fast-food packaging		
• Polystyrene cups containers	✓	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Paper bags or newspaper	✗	May catch fire.
• Recycled paper or metal trims	✗	May cause arcing.

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Cookware	Microwave-safe	Comments
Glassware		
• Oven-to-tableware	✓	Can be used, unless decorated with a metal trim.
• Fine glassware	✓	Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly.
• Glass jars	✓	Must remove the lid. Suitable for warming only.
Metal		
• Dishes	✗	May cause arcing or fire.
• Freezer bag twist ties	✗	
Paper		
• Plates, cups, napkins and kitchen paper	✓	For short cooking times and warming. Also to absorb excess moisture.
• Recycled paper	✗	May cause arcing.
Plastic		
• Containers	✓	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic.
• Cling film	✓	Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape.
• Freezer bags	✓✗	Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	✓	Can be used to retain moisture and prevent spattering.

✓ **: Recommended** ✓✗ **: Use Caution** ✗ **: Unsafe**

cooking guide

MICROWAVES

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content.
The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

COOKING

Cookware for microwave cooking:
Cookware must allow microwave energy to pass through it for maximum efficiency. Microwaves are reflected by metal, such as stainless steel, aluminium and copper, but they can penetrate through ceramic, glass, porcelain and plastic as well as paper and wood. So food must never be cooked in metal containers.

Food suitable for microwave cooking:
Many kinds of food are suitable for microwave cooking, including fresh or frozen vegetables, fruit, pasta, rice, grains, beans, fish, and meat. Sauces, custard, soups, steamed puddings, preserves, and chutneys can also be cooked in a microwave oven. Generally speaking, microwave cooking is ideal for any food that would normally be prepared on a hob. Melting butter or chocolate, for example (see the chapter with tips, techniques and hints).

Covering during cooking
To cover the food during cooking is very important, as the evaporated water rises as steam and contributes to cooking process. Food can be covered in different ways: e.g. with a ceramic plate, plastic cover or microwave suitable cling film.

Standing times
After cooking is over food the standing time is important to allow the temperature to even out within the food.

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Cooking Guide for frozen vegetables

Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer.
Stir twice during cooking and once after cooking. Add salt, herbs or butter after cooking. Cover during standing time.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
Spinach	150 g	600 W	4½-5½	2-3	Add 15 ml (1 tablespoon) cold water.
Broccoli	300 g	600 W	9-10	2-3	Add 30 ml (2 tablespoon) cold water.
Peas	300 g	600 W	7½-8½	2-3	Add 15 ml (1 tablespoon) cold water.
Green beans	300 g	600 W	8-9	2-3	Add 30 ml (2 tablespoon) cold water.
Mixed vegetables (Carrots/Peas/ Corn)	300 g	600 W	7½-8½	2-3	Add 15 ml (1 tablespoon) cold water.
Mixed vegetables (Chinese style)	300 g	600 W	8-9	2-3	Add 15 ml (1 tablespoon) cold water.

Cooking Guide for rice and pasta

Rice : Use a large glass pyrex bowl with lid - rice doubles in volume during cooking. Cook covered.
After the cooking time is over, stir before standing time and salt or add herbs and butter.
Remark: the rice may not have absorbed all water after the cooking time is finished.

Pasta : Use a large glass pyrex bowl. Add boiling water, a pinch of salt and stir well. Cook uncovered.
Stir occasionally during and after cooking. Cover during standing time and drain thoroughly afterwards.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
White rice (Parboiled)	250 g	800 W	16-17	5	Add 500 ml cold water.
Brown rice (Parboiled)	250 g	800 W	21-22	5	Add 500 ml cold water.
Mixed rice (Rice + Wild rice)	250 g	800 W	17-18	5	Add 500 ml cold water.
Mixed corn (Rice + Grain)	250 g	800 W	18-19	5	Add 400 ml cold water.
Pasta	250 g	800 W	11-12	5	Add 1000 ml hot water.

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Cooking Guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbsp.) for every 250 g unless another water quantity is recommended – see table. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking.
Cover during a standing time of 3 minutes.

Hint : Cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

All fresh vegetables should be cooked using full microwave power (800 W).

Food	Portion	Time (min.)	Standing time (min.)	Instructions
Broccoli	250 g 500 g	4-4½ 7-7½	3	Prepare even sized florets. Arrange the stems to the centre.
Brussels sprouts	250 g	5½-6½	3	Add 60-75 ml (4-5 tbsp.) water.
Carrots	250 g	4½-5	3	Cut carrots into even sized slices.
Cauliflower	250 g 500 g	5-5½ 8½-9	3	Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre.
Courgettes	250 g	3½-4	3	Cut courgettes into slices. Add 30 ml (2 tbsp.) water or a knob of butter. Cook until just tender.
Eggplants	250 g	3½-4	3	Cut egg plants into small slices and sprinkle with 1 tablespoon lemon juice.
Leeks	250 g	4½-5	3	Cut leeks into thick slices.
Mushrooms	125 g 250 g	1½-2 3-3½	3	Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving.
Onions	250 g	5½-6	3	Cut onions into slices or halves. Add only 15 ml (1 tbsp.) water.
Pepper	250 g	4½-5	3	Cut pepper into small slices.
Potatoes	250 g 500 g	4-5 7½-8½	3	Weigh the peeled potatoes and cut them into similar sized halves or quarters.
Turnip cabbage	250 g	5-5½	3	Cut turnip cabbage into small cubes.

REHEATING

Your microwave oven will reheat food in a fraction of the time that conventional ovens hobs normally take.
Use the power levels and reheating times in the following chart as a guide. The times in the chart consider liquids with a room temperature of about +18 to +20 °C or a chilled food with a temperature of about +5 to +7 °C.

Arranging and covering

Avoid reheating large items such as joint of meat – they tend to overcook and dry out before the centre is piping hot. Reheating small pieces will be more successful.

Power levels and stirring

Some foods can be reheated using 800 W power while others should be reheated using 600 W, 450 W or even 300 W.
Check the tables for guidance. In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example).
Stir well or turn food over during reheating for best results. When possible, stir again before serving.
Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating. Keep them in the microwave oven during standing time. We recommend putting a plastic spoon or glass stick into the liquids. Avoid overheating (and therefore spoiling) the food.
It is preferable to underestimate cooking time and add extra heating time, if necessary.

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Heating and standing times

When reheating food for the first time, it is helpful to make a note of the time taken – for future reference.
Always make sure that the reheated food is piping hot throughout.
Allow food to stand for a short time after reheating - to let the temperature even out.
The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart.
Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

REHEATING LIQUIDS

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.

Reheating Liquids and Food

Use the power levels and times in this table as a guide lines for reheating.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
Drinks (Coffee, Tea and Water)	150 ml (1 cup) 250 ml (1 mug)	800 W	1-1½ 1½-2	1-2	Pour into cup and reheat uncovered. Put cup/ mug in the centre of turntable. Keep in microwave oven during standing time and stir well.
Soup (Chilled)	250 g	800 W	3-3½	2-3	Pour into a deep ceramic plate. Cover with plastic lid. Stir well after reheating. Stir again before serving.
Stew (Chilled)	350 g	600 W	5½-6½	2-3	Put stew in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Pasta with sauce (Chilled)	350 g	600 W	4½-5½	3	Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling film. Stir before serving.
Filled pasta with sauce (Chilled)	350 g	600 W	5-6	3	Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Plated meal (Chilled)	350 g	600 W	5½-6½	3	Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film.

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REHEATING BABY FOOD

BABY FOOD: Empty into a deep ceramic plate. Cover with plastic lid. Stir well after reheating!
Let stand for 2-3 minutes before serving. Stir again and check the temperature.
Recommended serving temperature: between 30-40 °C.
BABY MILK: Pour milk into a sterilised glass bottle. Reheat uncovered. Never heat a baby's bottle with teat on, as the bottle may explode if overheated. Shake well before standing time and again before serving! Always carefully check the temperature of baby milk or food before giving it to the baby. Recommended serving temperature: ca. 37 °C.
REMARK: Baby food particularly needs to be checked carefully before serving to prevent burns.
Use the power levels and times in the next table as a guide lines for reheating.

Reheating baby food and milk

Use the power levels and times in this table as guide lines for reheating.

Food	Portion	Power	Time	Standing time (min.)	Instructions
Baby food (Vegetables + Meat)	190 g	600 W	30 sec.	2-3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby porridge (Grain + Milk + Fruit)	190 g	600 W	20 sec.	2-3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby milk	100 ml 200 ml	300 W	30-40 sec. 50 sec. to 1 min.	2-3	Stir or shake well and pour into a sterilized glass bottle. Place into the centre of turn-table. Cook uncovered. Shake well and stand for at least 3 minutes. Before serving, shake well and check the temperature carefully.

MANUAL DEFROSTING

Microwaves are an excellent way of defrosting frozen food. Microwaves gently defrost frozen food in a short period of time. This can be of great advantage, if unexpected guests suddenly show up.
Frozen poultry must be thoroughly thawed before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away.
Put the frozen food on a dish without cover. Turn over half way, drain off any liquid and remove any giblets as soon as possible.
Check the food occasionally to make sure that it does not feel warm.
If smaller and thinner parts of the frozen food start to warm up, they can be shield by wrapping very small strips of aluminium foil around them during defrosting.

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Should poultry start to warm up on the outer surface, stop thawing and allow it to stand for 20 minutes before continuing.
Leave the fish, meat and poultry to stand in order to complete defrosting. The standing time for complete defrosting will vary depending on the quantity defrosted. Please refer to the table below.

Hint : Flat food defrosts better than thick and smaller quantities need less time than bigger ones. Remember this hint while freezing and defrosting food.

For defrosting of frozen food with a temperature of about -18 to -20 °C, use the following table as a guide.

All frozen food should be defrosted using defrosting power level (180 W).

Food	Portion	Time (min.)	Standing time (min.)	Instructions
Meat				
Minced beef	250 g 500 g	6½-7½ 10-12	5-25	Place the meat on a flat ceramic plate. Shield thinner edges with aluminium foil. Turn over after half of defrosting time!
Pork steaks	250 g	7½-8½		
Poultry				
Chicken pieces	500 g (2 pcs)	14½-15½	15-40	First, put chicken pieces first skin-side down, whole chicken first breast-side-down on a flat ceramic plate. Shield the thinner parts like wings and ends with aluminium foil. Turn over after half of defrosting time!
Whole chicken	900 g	28-30		
Fish				
Fish fillets	250 g (2 pcs) 400 g (4 pcs)	6-7 12-13	5-15	Put frozen fish in the middle of a flat ceramic plate. Arrange the thinner parts under the thicker parts. Shield narrow ends with aluminium foil. Turn over after half of defrosting time!
Fruits				
Berries	250 g	6-7	5-10	Distribute fruits on a flat, round glass dish (with a large diameter).
Bread				
Bread rolls (Each about 50 g)	2 pcs 4 pcs	½-1 2-2½	5-20	Arrange rolls in a circle or bread horizontally on kitchen paper in the middle of turntable. Turn over after half of defrosting time!
Toast/ Sandwich	250 g	4½-5		
German bread (Wheat + Rye flour)	500 g	8-10		

GRILL

The grill-heating element is located underneath the ceiling of the cavity. It operates while the door is closed and the turntable is rotating. The turntable's rotation makes the food brown more evenly. Preheating the grill for 3-4 minutes will make the food brown more quickly.

Cookware for grilling:

Should be flameproof and may include metal. Do not use any type of plastic cookware, as it can melt.

Food suitable for grilling:

Chops, sausages, steaks, hamburgers, bacon and gammon rashers, thin fish portions, sandwiches and all kinds of toast with toppings.

Important remark:

Whenever the grill only mode is used, make sure that the grill-heating element is under the ceiling in the horizontal position and not on the back-wall in the vertical position. Please remember that food must be placed on the high rack, unless another instruction is recommended.

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MICROWAVE + GRILL

This cooking mode combines the radiant heat that is coming from the grill with the speed of microwave cooking. It operates only while the door is closed and the turntable is rotating. Due to the rotation of the turntable, the food browns evenly. Three combination modes are available with this model: 600 W + Grill, 450 W + Grill and 300 W + Grill.

Cookware for cooking with microwave + grill

Please use cookware that microwaves can pass through. Cookware should be flameproof. Do not use metal cookware with combination mode. Do not use any type of plastic cookware, as it can melt.

Food suitable for microwave + grill cooking:

Food suitable for combination mode cooking include all kinds of cooked food which need reheating and browning (e.g. baked pasta), as well as foods which require a short cooking time to brown the top of the food. Also, this mode can be used for thick food portions that benefit from a browned and crispy top (e.g. chicken pieces, turning them over half way through cooking). Please refer to the grill table for further details.

Important remark:

Whenever the combination mode (microwave + grill) is used, make sure that the grill heating element is under the ceiling in the horizontal position and not on the back-wall in the vertical position. The food should be placed on the high rack, unless another instruction is recommended. Otherwise it has to be placed directly on the turntable. Please refer to the instructions in the following chart.

The food must be turned over, if it is to be browned on both sides.

Grill Guide for frozen food

Use the power levels and times in this table as guide lines for grilling.

Frozen food	Portion	Power	1st side time (min.)	2nd side time (min.)	Instructions
Bread rolls (Each ca. 50 g)	2 pcs 4 pcs	MW + Grill	300 W + Grill 1-1½ 2-2½	Grill only 1-2 1-2	Arrange rolls in a circle on rack. Grill the second side of the rolls up to the crisp you prefer. Stand for 2-5 minutes.
Baguettes + topping (Tomatoes, Cheese, Ham, Mushrooms)	250-300 g (2 pcs)	450 W + Grill	8-9	-	Put 2 frozen baguettes side by side on the rack. After grilling stand for 2-3 minutes.
Gratin (Vegetables or Potatoes)	400 g	450 W + Grill	13-14	-	Put frozen gratin into a small, round glass pyrex dish. Put the dish on the rack. After cooking stand for 2-3 minutes.
Pasta (Cannelloni, Macaroni, Lasagne)	400 g	MW + Grill	600 W + Grill 14-15	Grill only 2-3	Put frozen pasta into a small flat rectangular glass pyrex dish. Put the dish directly on the turntable. After cooking stand for 2-3 minutes.
Chicken nuggets	250 g	450 W + Grill	5-5½	3-3½	Put chicken nuggets on the rack. Turn over after first time.
Oven chips	250 g	450 W + Grill	9-11	4-5	Put oven chips evenly on baking paper on the rack.

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Grill Guide for fresh food

Preheat the grill with the grill-function for 3-4 minutes.
Use the power levels and times in this table as guide lines for grilling.

Fresh food	Portion	Power	1st side time (min.)	2nd side time (min.)	Instructions
Toast slices	4 pcs (each 25 g)	Grill only	6-8	4-5½	Put the toast slices side by side on the rack.
Bread rolls (Already baked)	2-4 pieces	Grill only	2-3	2-3	Put bread rolls first with the bottom side up in a circle directly on the turntable.
Grilled tomatoes	200 g (2 pcs) 400 g (4 pcs)	MW + Grill	300 W + Grill 4½-5½ 7-8	Grill only 2-3	Cut tomatoes into halves. Put some cheese on top. Arrange in a circle in a flat glass pyrex dish. Place it on the rack.
Toast hawaii (Ham, Pineapple, Cheese slices)	2 pcs (300 g)	450 W + Grill	3½-4	-	Toast the bread slices first. Put the toast with topping on the rack. Put 2 toasts opposite directly on the rack. Stand for 2-3 minutes.
Baked potatoes	250 g 500 g	600 W + Grill	4½-5½ 8-9	-	Cut potatoes into halves. Put them in a circle on the rack with the cut side to the grill.
Chicken pieces	450-500 g (2 pcs)	300 W + Grill	10-12	12-13	Prepare chicken pieces with oil and spices. Put them in a circle with the bones to the middle. Put one chicken piece not into the centre of the rack. Stand for 2-3 minutes.
Lamb chops/beef steaks (Medium)	400 g (4 pcs)	Grill only	12-15	9-12	Brush the lamb chops with oil and spices. Lay them in a circle on the rack. After grilling stand for 2-3 minutes.
Pork steaks	250 g (2 pcs)	MW + Grill	300 W + Grill 7-8	Grill only 6-7	Brush the pork steaks with oil and spices. Lay them in a circle on the rack. After grilling stand for 2-3 minutes.
Baked apples	1 apple (ca. 200 g) 2 apples (ca. 400 g)	300 W + Grill	4-4½ 6-7	-	Core the apples and fill them with raisins and jam. Put some almond slices on top. Put apples on a flat glass pyrex dish. Place the dish directly on the turntable.
Roast chicken	1200 g	600 W + Grill	15-18	15-18	Brush chicken with oil and spices. Put chicken first breast side down, second breast side up on pyrex dish. Stand for 5 minutes after grilling.

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MELTING BUTTER
Put 50 g butter into a small deep glass dish. Cover with plastic lid.
Heat for 30-40 seconds using 800 W, until butter is melted.

MELTING CHOCOLATE
Put 100 g chocolate into a small deep glass dish.
Heat for 3-5 minutes, using 450 W until chocolate is melted.
Stir once or twice during melting. Use oven gloves while taking out!

MELTING CRYSTALLIZED HONEY
Put 20 g crystallized honey into a small deep glass dish.
Heat for 20-30 seconds using 300 W until honey is melted.

MELTING GELATINE
Lay dry gelatine sheets (10 g) for 5 minutes into cold water.
Put drained gelatine into a small glass pyrex bowl.
Heat for 1 minute using 300 W.
Stir after melting.

COOKING GLAZE/ICING (FOR CAKE AND GATEAUX)
Mix instant glaze (approximately 14 g) with 40 g sugar and 250 ml cold water.
Cook uncovered in a glass pyrex bowl for 3½ to 4½ minutes using 800 W, until glaze/icing is transparent. Stir twice during cooking.

COOKING JAM
Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid. Add 300 g preserving sugar and stir well.
Cook covered for 10-12 minutes using 800 W.
Stir several times during cooking. Empty directly into small jam glasses with twist-off lids. Stand on lid for 5 minutes.

COOKING PUDDING
Mix pudding powder with sugar and milk (500 ml) by following the manufacturers instructions and stir well. Use a suitable sized glass pyrex bowl with lid. Cook covered for 6½ to 7½ minutes using 800 W.
Stir several times well during cooking.

BROWNING ALMOND SLICES
Spread 30 g sliced almonds evenly on a medium sized ceramic plate.
Stir several times during browning for 3½ to 4½ minutes using 600 W.
Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!

TROUBLESHOOTING

If you have any of the problems listed below try the solutions given.

This is normal.
- Condensation inside the oven.
- Air flow around the door and outer casing.
- Light reflection around the door and outer casing.
- Steam escaping from around the door or vents.

The oven does not start when you press the Start/+30s (⏀/+30s) button.
- Is the door completely closed?

The food is not cooked at all.
- Have you set the timer correctly and/or pressed the **Start/+30s** (⏀/+30s) button?
- Is the door closed?
- Have you overloaded the electric circuit and caused a fuse to blow or a breaker to be triggered?

The food is either overcooked or undercooked.
- Was the appropriate cooking length set for the type of food?
- Was an appropriate power level chosen?

The light bulb is not working.
- The Light bulb should not be replaced in person for safety reasons. Please contact nearest authorised Samsung customer care, to arrange for a qualified engineer to replace the bulb.

The oven causes interference with radios or televisions.
- Slight interference may be observed on televisions or radios when the oven is operating. This is normal. To solve this problem, install the oven away from televisions, radios and aerials.
- If interference is detected by the oven's microprocessor, the display may be reset. To solve this problem, disconnect the power plug and reconnect it. Reset the time.

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Sparking and cracking occur inside the oven (arcing).

- Have you used a dish with metal trimmings?
- Have you left a fork or other metal utensil inside the oven?
- Is aluminum foil too close to the inside walls?

Smoke and bad smell when initial operating.

- It's a temporary condition by new component heating. Smoke and smell will disappear completely after 10 minutes operation.
  To remove smell more quickly, please operate microwave oven with putting lemon formation or lemon juice in the cabinet.

If the above guidelines do not enable you to solve the problem, then contact your local SAMSUNG customer service centre.
Please have the following information read;

- The model and serial numbers, normally printed on the rear of the oven
- Your warranty details
- A clear description of the problem

Then contact your local dealer or SAMSUNG aftersales service.

ERROR CODE

"SE" message indicates.

- The "SE" message is Clean the keys and check if there is water on the surface around key. Turn off the microwave oven and try setting again. If it occurs again, call your local SAMSUNG Customer Care Centre.

technical specifications

SAMSUNG strives to improve its products at all times. Both the design specifications and these user instructions are thus subject to change without notice.

Model	MG23F301T**, MG23F302T**
Power source	230 V ~ 50 Hz
Power consumption	
Microwave	1200 W
Grill	1100 W
Combined mode	2300 W
Output power	100 W / 800 W (IEC-705)
Operating frequency	2450 MHz
Magnetron	OM75P(31)
Cooling method	Cooling fan motor
Dimensions (W x H x D)	
Outside	489 x 275 x 392 mm
Oven cavity	330 x 211 x 324 mm
Volume	23 liter
Weight	
Net	13 kg approx

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QUESTIONS OR COMMENTS

COUNTRY	CALL	OR VISIT US ONLINE AT
AUSTRALIA	1300 362 603	www.samsung.com/au/support
NEW ZEALAND	0800 SAMSUNG (0800 726 786)	www.samsung.com/nz/support
CHINA	400-810-5858	www.samsung.com/cn/support
HONG KONG	(852) 3698 4698	www.samsung.com/hk/support (Chinese) www.samsung.com/hk_en/support (English)
INDIA	1800 3000 8282 - Toll Free 1800 266 8282 - Toll Free	www.samsung.com/in/support
BANGLADESH	09612300300 – non toll free	
INDONESIA	0800112888 021-56997777	www.samsung.com/id/support
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SINGAPORE	1800-SAMSUNG(726-7864)	www.samsung.com/sg/support
THAILAND	0-2689-3232 1800-29-3232	www.samsung.com/th/support
TAIWAN	0800-32-9999	www.samsung.com/tw/support
VIETNAM	1800 588 889	www.samsung.com/vn/support

This product is RoHS compliant

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